

DIABETES AMONG AFRICAN AMERICANS

- In the U.S., about three million African Americans have diabetes, or about 13.3% of those aged 20 and older.
- National data indicate that African Americans are about twice as likely to develop diabetes as non-Hispanic whites.
- African Americans with diabetes have excessively high rates of severe complications such as diabetes-related blindness, kidney failure, and lower-extremity amputation.

“Nearly three million African Americans have been diagnosed with diabetes and millions more are likely to develop the disease in the coming years, unless we get serious about prevention today.”

—James R. Gavin III, MD, PhD (2004)



IN UTAH

- About 106,000 Utahns (4.1%) have been diagnosed with diabetes. Another 45,000 residents have diabetes but have not yet been diagnosed.
- According to the 2001 Utah Health Status Survey, seven percent (7.0%) of African Americans in Utah have been diagnosed with diabetes.
- In Utah, African American adults are significantly more likely to overweight or obese than the state population in general. Over 70% (71.6%) African American adults are overweight or obese, compared to 55.6% of adults in the state population overall.
- Depression can be a risk factor for developing diabetes. Over one of four (27.1%) African American adults report they have poor mental health, compared to 12.3% of the state adult population.
- Over one of four (28.4%) African American adults smoke cigarettes, compared to 12.3% of Utah adults in general.



Sources: American Diabetes Association. African Americans and Diabetes. Available on-line at <http://www.diabetes.org/communityprograms-and-localevents/africanamericans.jsp>; James R. Gavin, III, Chair of NDEP and President of Morehouse School of Medicine, speaking at a news conference announcing a new diabetes awareness campaign by the National Diabetes Education Program, July 2004; American Diabetes Association <http://www.diabetes.org/communityprograms-and-localevents/africanamerican/facts.jsp>; Utah Health Status Survey, 2001. Office of Public Health Data. Utah Department of Health, Salt Lake City, UT; Diabetes Surveillance report 1999, available on-line at <http://www.cdc.gov/diabetes/statistics/surv1999>; ESRD Network 15 Annual Report, available on-line at <http://www.esrdnet.org/Annual%20Report/AR2006.pdf>; Office of Public Health Assessment (2005). Health Status by Race and Ethnicity. Salt Lake City, UT: Utah Department of Health